



Growing Right Onto Wellness

GROW

Strong Minds, Bodies, and Families

OVERALL STUDY RESULTS



THANK YOU! Your participation in the GROW research study made all the difference! We will keep doing the parts of the program that worked in communities to help other families just like yours.

WHAT WE WANTED TO KNOW

Young children who gain too much weight too quickly are more likely to have health problems like diabetes or high blood pressure when they get older. We wanted to see if a program called GROW Healthier would help prevent young children from gaining too much weight.



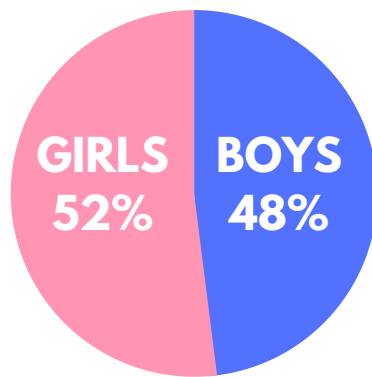
WHO WAS IN THE STUDY



610 families
(mostly Latino)



Nashville, TN




3-5 year olds

WHAT WE DID TOGETHER



GROW SMARTER (All families)

- Learning how to use libraries and read regularly with their children



GROW HEALTHIER (Some families)

- Learning how to build healthy habits like exercise, healthy eating, and using parks and recreation centers



WHAT WE LEARNED

















12 WEEKS



Fewer children gained too much weight. This did not last all 3 years.

1 - 3 YEARS

-  Children ate 100 less calories a day. 
-  Families used recreation centers 30% more. 
-   Families learned how to use the library and increased their use by 50%. 
-   1 out of 3 children in both groups still gained too much weight.  
-   Children had more than 1 hour of physical activity a day. 



Key

-  = GROW SMARTER
-  = GROW HEALTHIER
-  = good for your child!
-  = not healthy for your child

WHAT THIS MEANS FOR YOU

The GROW Healthier program improved and sustained healthy behaviors over 3 years. This is good for your health. Unfortunately, it did not slow down weight gain in young children. The families that were the most successful, made changes for both parents and children. Focusing on healthy habits for the whole family is most important.

